

Cathy Fitzgibbon

The Culinary Celt



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THE
CULINARY CELT

Cathy Fitzgibbon, aka The Culinary Celt, brings her advertising industry expertise to the table. As an Irish Food Advocate and published author, her business is driven by a deep passion for nature, the environment and a profound respect for natural food sources.

In 2018, this award-winning businesswoman transformed her passion for food education into a platform that amplifies the voices of Irish food producers and encourages consumers to embrace mindful food-related lifestyles that work in harmony with our natural environment.

Hailing from North Cork, Cathy's debut book 'Eat with the Seasons', along with her diverse range of peer-reviewed articles on sustainability, wellbeing, mental health, plastic pollution and workplace connectivity, serves to educate and inspire others to enjoy food in more practical and sustainable ways.

With over two decades of experience, Cathy's expertise lies in harnessing the power of words and marketing to provide valuable resources for those seeking to transform their overall wellbeing through mindful food choices, transparency and authentic consumption behaviours. Her comprehensive range of educational talks, corporate workshops and retreats offer clear transformational pathways for participants to bring better balance in their joy into their relationship with food.

Cathy is grateful to the ACORNS Programme for connecting her with a network of professional like-minded entrepreneurs, with whom she can exchange ideas and freely discuss the challenges and opportunities encountered in the course of running their businesses.

The Culinary Celt is a holistic approach to living and consuming that nurtures personal wellbeing and environmental sustainability ... making every bite a step towards a better world!

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine